



# Highlights

September/October  
2014

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Wellesley, MA 02481  
Office Hours: Monday through Friday 9:00 a.m.- 4:00 p.m.  
(781) 235-3961  
<http://www.wellesleyma.gov/coa>

Registration for programs listed in this newsletter will begin on Wednesday, August 27 (Wellesley residents) and Thursday, August 28 (non-residents). Registration remains open for all programs unless otherwise noted, as long as space is available.

*Please make sure to register and pay for your class(es) at least one business day in advance of the scheduled session start date. Failure to do so may result in cancellation of the class, if the minimum number of students is not met, or cancellation of your space in the class, if we have a wait list.*

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## Reinvest in You

Redefining Aging for a Vibrant and  
Rewarding Lifestyle



Mark your calendar for this unique and exciting event!  
Presented by the Wellesley Council on Aging, AARP and the  
Friends of the Wellesley Council of Aging.

A resource and information fair bringing together experts who specialize in supporting people as they navigate the complexities of successful aging, assess options and make changes for an exciting next chapter in their lives.

**Saturday, October 25, 2014**

**11:00 a.m. – 5:00 p.m.**

**Wellesley High School, 50 Rice Street**

**Free Admission (Pre-registration required)**

*See page 13 for registration details.*

## Socials and Events: Pre-registration required.



### Celebrating National Senior Center Month Monday, September 8, 12:00 noon

We hope you had a relaxing, safe and fun summer, and we

welcome you back to the COA for the first social of the season. Bring your family and friends and enjoy lunch sponsored by The Falls at Cordingly Dam. There will also be entertainment provided by the COA. During the celebration, we'd like you to describe what you love about the COA by writing it on a paper heart. The photo displayed above showcases the sentiments shared at last year's social. The messages written gave staff and participants a new-found appreciation of this wonderful place of friendship, opportunity and engagement. Once again, we will collect the hearts and make a banner that will be displayed at the COA. **Register by Sept 3!**

### COA Annual "SPOOKTACULAR" Thursday, October 30 at 1:00 p.m.

We're having a party, you're in for a scare! It's a Halloween bash, so dress up if you dare! Once again we will host our annual "SPOOKTACULAR" with pumpkin decorating, crafts, a spooky parade and a costume competition with a panel of esteemed judges. Come and see who wins this year— last year's winner was a pirate who sailed into Henderson Hall! **CAUTION:** Witches Punch, Spooky Music and Sweet Treats— do you dare? **Register by October 24.**



### Fire Safety and Pancake Breakfast Monday, October 6, 9:30 a.m.

Did you know in 1920, President Woodrow Wilson issued the first National Fire Prevention Week proclamation? This was a result of the Great Chicago Fire, and since then this week is intended to inform and educate the public about the importance of fire prevention. The brave firefighters of the Wellesley Fire Department will host a pancake breakfast at the COA. After the breakfast, Lt. Paul Delaney will give an educational presentation regarding common fire safety tips. There will be giveaways and more — come and see for yourself!!

### Let's Celebrate **GOOD TIMES!** October 14 at 3:00 p.m.

It's time to celebrate the birthdays of those born in the months of September, October, November and December! Grab your friends and family and join in the fun at the COA's seasonal birthday parties. If it is not your birthday season, come and celebrate anyway. We will be entertained by the very talented Newton Swing Band with their fun, uplifting performance. As you can see from the picture displayed above ( taken by Cary Productions), they sure do bring *good times!* Thank you to the Friends of the Wellesley Council on Aging for providing refreshments. Transportation may be available from our Volunteers Drivers program. Please call 508-479-9301 at least three business days in advance.



### Golf Tournament Wednesday, October 22, 8:30 a.m.

This is the 5th golf tournament in partnership with Nehoiden Golf Course. They will once again open their golf course, free of charge, to Wellesley residents age 60 and over for a 9-hole round of golf on Wednesday, October 22 . Tee-off is at 9 a.m. (shotgun start).

Golfers are welcome to meet at the Golf House on the sixth hole just above the parking lot for refreshments at 8:30 a.m., and will be given their cards at that time. Nehoiden is a walking course. Motorized carts are not allowed so each golfer must bring his/her own golf clubs and pull carts. Parking is available in the lot on Rt. 16 across from the Wellesley College Club. In case of inclement weather, the alternate date will be **Wednesday, October 29 at 8:30 a. m.** Golfers will be notified by 3:00 p.m. the day before if there will be a postponement. There is no charge for this event, but pre-registration is required. You may reserve as a twosome, threesome, or foursome with friends, or register yourself and we will find a foursome for you. Thank you to the Friends of the Wellesley Council on Aging for donating giveaways and raffle prizes. The maximum number of golfers is 35.



## **Sensational Speakers: Pre-registration required.**

### **When Memory Loss Happens to a Friend Thursday, September 11 at 12 noon**

Join us for a delicious lunch and an educational presentation by Marilyn Stasonis, RN, BSN, who is Director of Wellness & Memory Care Services at The Northbridge Companies. This presentation will cover the following: what are normal memory changes with aging, the difference between dementia and Alzheimer's disease, how to help friends with memory loss and encourage them to seek assistance. Special thanks to the Carriage House at Lee's Farm, an Independent, Assisted and Memory Care facility in Wayland, a Northbridge property, for sponsoring this "lunch and learn" program.



### **A Beautiful Face**

**Wed., Sept 10 and/or Sept 24, 10-12 noon**

Do you want to look good? Enjoy wearing makeup but don't know how to apply it? Want to avoid looking made up? Shahla Whitmore, owner of Angelbare, Permanent Cosmetics, will demonstrate one-on-one how to apply the best color and shape to bring out your natural beauty. Tips on skin care and facial exercise will also be covered. The event will take place at Angelbare, located at 267 Washington Street, Wellesley Hills. *Please note:* you need to go up a flight of stairs to access the facility. There is limited on-street parking, therefore we encourage you to park in the Wellesley Community Center (219 Washington Street) and walk over. Come to one or both!

**Age in Place or Move? *The practical and legal issues of moving, an update on the local market and how to maximize your sales price.***

**Friday, September 26 at 10:00 a.m.**

This educational presentation will be conducted by Elaine Bannigan, owner of Pinnacle Residential Properties and author of the Pinnacle Report and Eleanor Uddo, lawyer at Feigenbaum and Uddo. Elaine will discuss the most recent local market conditions and how they affect property values by price range, selling vs. aging in place, the optimum time to sell and how to maximize your yield. Eleanor will cover issues around the proper titling of a residence, the use of trusts, basis and capital gains rules for the sale of a home, pitfalls of applying for a purchase money mortgage with nontraditional income sources in retirement, benefits of the Homestead Declaration and the over age 65 Homestead, and life estates and planning for the transfer of real estate to children (wills and trusts).

### **TRIAD**

**Friday, September 19  
at 10:00 a.m.**

As this newsletter goes to print, the topic for September meeting has not been determined. Please call the COA for more information. To learn more about TRIAD, please go to <http://norfolksheriff.com/programs/>. The photo displayed above was taken at our July 18 TRIAD meeting with John O'Conner, former Secret Service agent.



### **Don't Ignore Your Medicare Mail!**

**Monday, September 29 at 10:00 a.m.**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2015. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early! The COA's lovely SHINE volunteers, Renee Rubin and Gerry Reilly, will review all of this and more during this timely presentation on September 29!

### **NEWTON WELLESLEY HOSPITAL SPEAKER'S BUREAU**

**FRIDAY, OCTOBER 31 (TIME TBD)**

The Wellesley COA is pleased to announce a new partnership between Newton Wellesley Hospital (NWH) and surrounding COAs. This initiative was started by the Wellesley COA and we are delighted to announce that a brand new NWH Speaker's Bureau has been established and we invite you to join us for the kick-off presentation on Friday, October 31 at NWH (topic and time is TBD). Light refreshments will be provided. Pre-registration is required by calling the COA at 781-235-3961. The COA bus is available for round trip transportation for up to 12 people (please indicate if you would like to ride the bus at the time of registration). For more information on this program and upcoming lectures, please contact Ashley Shaheen, Senior Activities Coordinator 781-235-3961.

### ***Sensational Speakers, Continued: Pre-registration required.***



#### **Exploring Opera Series by Helen Sagan, "The Opera Lady"**

The following programs are generously co-sponsored by the Friends of the Wellesley Council on Aging and The Wellesley Free Library. All programs are held at the Wakelin Room at the Wellesley Free Library. Please call the COA (781) 235-3961 to register for one or all.

#### **Verdi's *Macbeth*—Monday, October 6, 10:00 a.m.**

Verdi had a passion for Shakespeare's plays. His own opera, *Macbeth*, is a thrilling adaptation featuring Macbeth and Lady Macbeth, whose greed and ambition hurtle them down a murderous path toward their own eventual deaths. Lady Macbeth's sleepwalking scene is considered one of the most thrilling arias in opera.

#### **Mozart's *The Marriage of Figaro*—Wednesday, October 15, 7:00 p.m.**

Mozart's great masterpiece, based on a satirical play by Beaumarchais, explores the relationship between servant and master in 18th-century Spain. Filled with comedy and pathos, Mozart's music sparkles and also expresses the deep emotions of its characters. *For rides, contact the Volunteer Drivers Program (508-479-9301).*

#### **Bizet's *Carmen*—Tuesday, October 28, 10:00 a.m.**

The first performance of *Carmen*, in 1875, scandalized French audiences. One of the first so-called "realistic" operas, *Carmen* features a seductive gypsy dancer who seduces all men in her path but, ultimately, cannot avoid her own fate: death. Bizet's music presents a rich palette of color, with Spanish dances and most famously, the "Habanera." **SAVE THE DATE: Wagner's *Die Meistersinger*—December 9 at 7:00 p.m.**



### ***Day Trips: Pre-registration required.***

#### **The Nantucket Tour Wednesday, Sept 17, 7:00 a.m.— 8:00 p.m.**

Set sail to Nantucket with the

COA and Bloom Tours! We will travel aboard the Hy-Line Ferry to beautiful Nantucket. We will be taking the 9:30 a.m. ferry from Hyannis to Nantucket and then the 4:10 p.m. ferry back to Hyannis. Upon arrival in Nantucket you have the day to yourself. Enjoy all that Nantucket has to offer from shopping, dining, or just relaxing on the beach. What better way to spend the day!

**Trip Includes:** Roundtrip transportation to and from the COA and ferry to Nantucket

**Cost:** \$ 67.00. Full payment due upon reservation. Refunds are available if cancellation is received before September 10.

#### **Reagle Players in December?**

The COA would like to book a trip to see The Reagle Players' popular performance of *Christmas Time*. If you are interested, please call the COA so your name can be added to our list and we will contact you with details when the trip is set.

#### **SCHOLARSHIP FUNDS ARE AVAILABLE**

The C. Eleanor Genovese Fund is intended to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call the COA for more information. Anyone wishing to contribute to this fund should speak with Gayle Thieme, Director of Senior Services, 781-235-3961.

#### **Visit to the State House**

#### **Monday September 22, 9:15 a.m.**

We are invited to join Representative Alice Peisch for a tour of the Massachusetts State House and lunch. We depart from the COA at 9:15 and will tour the building, enjoy lunch and discussion with Representative Peisch, and have a group photo taken. **Please note:** There will be a lot of walking throughout the day. We will return to the COA by approximately 2pm. The COA bus will provide round trip transportation. Maximum: 11

#### **The Addams Family in Ogunquit, Maine Sunday, October 19, 9:30 a.m.—6:30 p.m.**

We depart the Community Center at 9:30 a.m. and leave for a beautiful day of foliage, a delicious meal and a musical performance at the Ogunquit Playhouse in Maine. We will enjoy picturesque views and a 3-course lunch at the Dockside Restaurant (lunch options given at the time of registration). After lunch we will enjoy one of the first premieres of *The Addams Family*, the Broadway musical sensation. The frightfully delightful world of Gomez, Morticia, Uncle Fester, Grandma, Wednesday and, of course, Lurch comes to spooky and spectacular life in this all-new story based on bizarre and beloved characters created by cartoonist Charles Addams. Round trip transportation using our COA bus. Space is limited to 11 people (first come, first served). **Cost:** \$57.50. Payment due upon reservation.

### **Housing Options Tours: Pre-registration required.**

#### **Evans Park at Newton Corner**

**Thursday, September 18**

##### **Itinerary:**

11:30 a.m. Pick-up at COA

12:00 noon Tour

12:30 p.m. Lunch

1:00 p.m. Entertainment— The Music of Frank Sinatra

2:00 p.m. Departure/return to COA

**Description of the Facility:** If you love being at the heart of it all, Evans Park might be your perfect fit. Surround yourself with activity and friends, and be part of our energetic community, where a bustling lobby marks life in our historic renovation of a 1905 hotel. Our architecturally rich setting sets the stage for carefree living, supported by a 24-hour care team and wide variety of social, cultural, and wellness programs. **Max 12.**

#### **Emeritus at Farm Pond**

**Thursday, October 23**

##### **Itinerary:**

10:30 a.m. Pick-up at COA

11:00 a.m. Tour

12:00 noon Octoberfest themed lunch

1:00 p.m. Entertainment (Lou and Jan Borelli)

2:00p.m. Departure

**Description of the Facility:** Farm Pond, located just off Route 9 in Framingham, is a Brookdale Senior Living community. The campus is situated in the middle of 100 acre Cushing Park and provides retirement cottages, independent living apartments, assisted living apartments and memory care. The community is 14 years old and has recently undergone a multi-million renovation. **Max 12**

### **Food Lovers Delight: Pre-registration required.**

**Breakfast Club:** Join us for a delicious breakfast and a delightful time with friends. The Breakfast Club will enjoy breakfast on:

**Tuesday, September 23 at 8:30 a.m.**

Rox Diner, 335 Walnut Street, Newton

**Tuesday, October 21 at 8:00 a.m.**

Captain Marden's, 279 Linden Street, Wellesley

Choose your own breakfast and pay for it at that time. **Maximum: 12**

#### **Delicious Dining Group**

Everyone is welcome to meet our group for lunch:

**Monday, September 29 at 12noon**

O'harras, 1185 Walnut Street, Newton

**Monday, October 27 at 12noon**

Brio Tuscan Grille, 200 Bolyston Street, Chestnut Hill

Choose your own lunch and pay for it at that time. **Maximum: 12**

### **Classes: Pre-registration required**

#### **Play Reading Group: Calling All Senior Stars!!**

Join us on **Monday, September 29** from **12:30 p.m.-2:00 p.m.** for a discussion of the play and the different characters and again on **Monday, October 6** from **12:30p.m.-3:00p.m.** for the performance. *Are you another Marlon Brando, Robert DeNiro, Judi Dench or Helen Mirren?* Have you always wanted to try acting? Do you enjoy reading out loud? Come Join Our COA Play Reading Group, led by COA volunteer Barbara Tarlin. **\*\*PLEASE NOTE:** All new/returning members **MUST** register with the COA by **Friday, Sept 5** to be cast in a role in the fall reading. The cost of the script is to be determined but usually is about \$10 and should be ready for pick up with your role assignment two weeks before the first meeting.

#### **Magic Classes**

**Thursdays, Oct 23-Nov 13, 1:00-2:30 p. m.**

The COA welcomes back Gil Stubbs, experienced magician and host of the Wellesley Cablevision show, "Gil Stubbs' World of Magic," for a course in close-up magic. In this four-week course, you will learn magic with cards, coins, dollar bills, string, rope, rubber bands, pens, paper clips, tableware, napkins and handkerchiefs. Each student will be provided with 84 pages of notes that describes each trick in detail. *Only if needed, the make-up date will be Nov 20, 1:00-2:30 p.m.* Minimum 5 Maximum 10 Cost \$30.00.

**Classes: Pre-registration required**

### Acrylic Painting

**Wednesdays,  
Sept 10-Oct 29 from  
1:30 p.m.-3:30 p.m.**

Maris Platais will begin another 8 -week session of his popular class. All ability levels are welcome. Classes include one-on-one critiques and demonstrations of painting techniques, with emphasis on design, perspective, color mixing, atmosphere and color harmony. *Only if needed, the make-up date will be Monday, November 3, 1:30-3:30p.m..* Minimum 8 Maximum 12. Please call the COA for a supply list. Cost \$108.00. *The picture displayed above, is the talented art work of student, Helen Turner.*

### Art for Fun

**Mondays, Sept 8-  
Nov 3 (no class  
10/13) from  
10 a.m.-12:30 p.m.**

Students enjoy individual hands-on instruction with an emphasis on developing washes, values, textures, variety of color, edges and shapes, as well as creating the illusion of light under instruction by Cecilia Sharma. These classes meet at the **Warren Recreation Center, 90 Washington Street.** Only if needed the make-up date will be Monday, November 10. 10a.m.-12:30.p.m.). The cost for the class is \$125.00. A supply list is available at the Council on Aging and new participants are welcome! The minimum number of students is 10 and the maximum number is 14 students. The photo displayed above is Cecilia Sharma (right), Art for Fun Instructor, and student at a summer art exhibit.



### Ukulele Classes

**FREE TRIAL CLASS: Thursday, Sept 18,  
2:00-3:00p.m.**  
**6 week session, Thursdays, Oct 16-Nov  
20, 2:00 p.m.-3:00p.m.**

Are you interested in trying something new? Why not purchase a ukulele (approx \$50) and join us for our newest class offering that has been "trending" at local COAs. This instrument is easy to play and doesn't require any musical training. Try the class, sing the songs you used to love and meet the wonderful Daniel Metraux. He will get you hooked and you will want to register for his 6 week session. You need to purchase a ukulele for his 6 week course. Min 10 Max 15 Cost: \$30 . Make- up date is Thursday, December 4, 2:00-3:00 p.m. For more information on Instructor, Daniel, contact Ashley Shaheen, COA Senior Activities Coordinator by email [ashaheen@wellesleyma.gov](mailto:ashaheen@wellesleyma.gov) or phone 781-235-3961.



### Shall We Dance? A Ballroom Dancing Workshop!

**Wednesdays, September 17 &  
October 22 from  
1:00 p.m.-2:30p.m.**

Across the country people of all ages are learning the joys of ballroom dancing. Carol Lanzillo will teach you the basic fundamentals of ballroom dancing. You will also learn about timing, rhythm and posture. Ballroom dancing has many health benefits, improves balance and coordination and will make you smile. No experience needed. No partner necessary. After the workshop stay for light refreshments! **Cost: \$10/class Min. 10/Max. 20**



### Wellesley Town Band

**11 weeks Mondays, Sept 22- Dec 15 (No class 10/13 & 12/1),  
7:00 p.m.-8:30 p.m.**

(Ages: 14+) Conductor: Henry Platt

The town's new (*founded 9/13*) wind band offers players at all levels to join it's relaxed Monday evening gatherings of brass, woodwind and percussion players. There are no auditions; everyone is welcome to join. We play a mix of concert band favorites, light classics, show tunes and marches. Dust off that old horn and extend or recapture the joy of youthful music making. We pretty much follow the school year with three eleven week sessions September through June. This class will be conducted at Wellesley's Middle School Band Room and the conductor is Henry Platt. This program is being run in collaboration with the Council on Aging, Recreation Department and the Wellesley Public Schools. You can register online at [www.wellesleyma.gov/recreation](http://www.wellesleyma.gov/recreation) or call the Recreation Department (781-235-2370). For players who just show up with horn in hand, registration forms will be available at start-up time. **Cost:\$ 50.00**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>COA CLOSED AND THE BUS WILL NOT RUN Labor Day!</b> 9am Walking (Lib) 9:30 Wii Bowling 10-12:30 Art for Fun 12:00 Welcome Back Social 12:30-3 Bridge 2:00-3:30 Croquet	<b>2</b> Wellesley College Auditing Opens Today 9:30-11:00 Yoga 11:15-12:45 Yoga 1:00-2:30 Lunch 1:30-2:30 Cribbage 1:30-2:30 Keep Well- 315 Weston Road	<b>3</b> 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 10:00-11:00 COA (Keep Well) 11:00-12:00 Chess 1:00-2:30 French 1:00-4:00 SHINE	<b>4</b> 1-4 MahJong 2:00-3:30 Knitting	<b>5</b> 11:45 Lunch 12:45 Movie: Love Story
<b>8</b> 9am Walking (Lib) 9:30 Wii Bowling 10-12:30 Art for Fun 12:00 Welcome Back Social 12:30-3 Bridge 2:00-3:30 Croquet	<b>9</b> State Primary Elections are TODAY! 9:30-11:00 Yoga 11:15-12:45 Yoga 1:00-2:30 Lunch 1:30-2:30 Cribbage 1:30-2:30 Keep Well - Morton Circle	<b>10</b> 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 10:00-11:00 Tai Chi 10:00-12:00 A Beautiful Face 11:00-12:00 Chess 1:00-2:30 Better Balance 1:00-4:00 SHINE 1:30-3:30 Acrylic Painting	<b>11</b> 9:30-10:30 Better Bones 10:00-11:00 Meditation 10:00-12:00 Supervised Play (Bridge) 12noon When Memory Loss Happens to a Friend 1-4 MahJong 1:00-3:00 Choose the Right Technology for You 1:00 Marty's Movie 2:00-3:30 Puzzles and Games	<b>12</b> 11:45 Lunch 12:45 Movie: Gloria
<b>15</b> 9am Walking (Lib) 9:30 Wii Bowling 10:00-11:30 Memory Program 10:00-12:30 Art for Fun 9:30-10:30 Better Bones 11:00-12:00 Better Balance 12:00-1:00 Spanish Class 12:30-3:00 Bridge	<b>16</b> 9:30-11:00 Yoga 10:00-11:15 German 11:15-12:45 Yoga 1:00-2:30 Lunch 1:30-2:30 Cribbage 1:30-2:30 Keep Well-41 River Street	<b>17</b> Depart for Nantucket Trip 7:00 Walking Group COA 9am Coffee 9:30-10:30 Scrabble/Cards 9:45-10:45 Tai Chi 10:30-11:30 Chess 11:00-12:00 Better Balance 1:00-2:30 French 1:00-4:00 SHINE 1:00-2:30 Shall We Dance 1:30-3:30 Acrylic Painting	<b>18</b> 9:30-10:30 Better Bones 10:00-11:00 Meditation 10:00-12:00 Supervised Play (Bridge) 11:30 Depart for Evans Park at Newton Corner 1:30-3 Bingo 1-4 MahJong 2:00-3:30 Knitting 2:00-3:00 Ukulele Trial Class	<b>19</b> 10:00 TRIAD 10:00-11:00 The Genius of R. Browning 11:45 Lunch 12:45 Movie: Le Weekend
<b>22</b> 9am Walking (Lib) 9:15 Depart for State House 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00-11:30 Memory Program 11:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:00-1:00 Spanish Class 12:30-3 Bridge 7:00-8:30 Town Band	<b>23</b> 8:30 BF Club-Rox Diner 9:30-11:00 Yoga 11:15-12:45 Yoga 10:00-11:15 German 1:00-2:30 Lunch 1:30-2:30 Cribbage 1:30-2:30 Keep Well- 60 Grove Street	<b>24</b> 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 10:00-11:00 Community Bears 9:45-10:45 Tai Chi 10:00-12:00 A Beautiful Face 10:30-11:30 Chess 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 Acrylic Painting	<b>25</b> 9:30-10:30 Better Bones 10:00-11:00 Meditation 10:00-12:00 Supervised Play (Bridge) 1-4 MahJong 2:00-3:30 Puzzles and Games	<b>26</b> 10:00-11:00 The Genius of R. Browning 10:00 Age in Place or Move 10:00 Lunch 11:45 Movie: The Book Thief 12:45 <b>Reminder!!! Strings Jam tomorrow at The Dana Hall School of Music.</b>
<b>29</b> 9am Walking (Lib) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00 Don't Ignore Your Medicare Mail 10:00-11:30 Memory Program 11:00-12:00 Art for Fun 12:00 Better Balance 12:00-1:00 Delicous Dining- O Haras 12:00-1:00 Spanish Class 12:30-2:00 Play Reading 12:30-3:00 Bridge 7:00-8:30 Town Band	<b>30</b> 9:30-11:00 Yoga 10:00-11:15 German 11:15-12:45 Yoga 1:00-2:30 Lunch 1:30-2:30 Cribbage			

# SEPTEMBER 2014

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# OCTOBER 2014

9am Walking (Lib)  
9:30 Wii Bowling  
10:00 Fire Safety and Pancake Breakfast  
10:30 Verdi's Macbeth  
9:30-10:30 Better Bones  
10:00-11:30 Memory Program  
10:00-12:30 Art for Fun  
11:00-12:00 Better Balance  
12:30-3 Bridge  
12:30-3:00 Play Reading  
1:00-2:00 Spanish Class  
7:00-8:30 Town Band

**COA CLOSED AND THE BUS WILL NOT RUN**  
**COLUMBUS DAY**

13  
NO YOGA CLASSES TODAY  
10:00-11:15 German  
11:45 Lunch  
1:230 Cribbage  
1:30-2:30 Keep Well -315  
Weston Road

14  
NO YOGA CLASSES TODAY  
10:00-11:15 German  
11:45 Lunch  
1:230 Cribbage  
1:30-2:30 Keep Well—Morton Circle  
3:00 Let's Celebrate Good Times!

20  
9am Walking (Lib)  
9:30 Wii Bowling  
9:30-10:30 Better Bones  
10:00-11:30 Memory Program  
10:00-12:30 Art for Fun  
11:00-12:00 Better Balance  
12:30-3:00 Bridge  
1:00-2:00 Spanish Class  
7:00-8:30 Town Band

21  
8:00 BF Club—Captain Marden's  
9:30-11:00 Yoga  
10:00-11:15 German  
11:15-12:45 Yoga  
1:45 Lunch  
1:2-30 Cribbage  
1:30-2:30 Keep Well-41 River Street

28  
9:30-11:00 Yoga  
10:00-11:15 German  
10:00 Bizet's Carmen  
11:15-12:45 Yoga  
Lunch  
1:00-2:30 Cribbage  
1:30-2:30 Keep Well-60 Grove Street

9 am Walking Group COA  
9:30-10:30 Coffee  
9:30-11:30 Scrabble/Cards  
9:30-11:00 Community Bears  
9:45-10:45 Tai Chi  
10:00-11:00 COA (Keep Well)  
11:00-12:00 Chess  
11:00-12:00 Better Balance  
1:00-2:30 French  
1:00-4:00 SHINE  
1:30-3:30 Acrylic Painting  
3:00-5:00 A Tour Through Time

8  
Walking Group COA  
9:30-10:30 Coffee  
9:30-11:30 Scrabble/Cards  
9:30-11:00 Community Bears  
9:45-10:45 Tai Chi  
10:30-11:30 Chess  
11:00-12:00 Better Balance  
1:00-2:30 SHINE  
1:00-4:00 French  
1:30-3:30 Acrylic Painting

15  
Walking Group COA  
9:30-10:30 Coffee  
9:30-11:30 Scrabble/Cards  
9:30-11:00 Community Bears  
9:45-10:45 Tai Chi  
10:30-11:30 Chess  
11:00-12:00 Better Balance  
1:40-2:30 SHINE  
1:00-2:30 French  
1:30-3:30 Acrylic Painting  
2:00 Jeopardy  
7:00 Mozart's The Marriage of Figaro

22  
8:30 Fifth Golf Tournament  
9 am Walking Group COA  
9:30-10:30 Coffee  
9:30-11:30 Scrabble/Cards  
9:30-11:00 Community Bears  
9:45-10:45 Tai Chi  
10:30-11:30 Chess  
11:00-12:00 Better Balance  
1:00-4:00 SHINE  
1:00-2:30 French  
1:00-2:30 Shall We Dance?  
1:30-3:30 Acrylic Painting

29  
9 am Walking Group COA  
9:30-10:30 Coffee  
9:30-11:30 Scrabble  
9:30-11:00 Community Bears  
9:45-10:45 Tai Chi  
10:30-11:30 Chess  
11:00-12:00 Better Balance  
1:00-4:00 SHINE  
1:00-2:30 French  
1:30-3:30 Acrylic Painting

9:30-10:30 Better Bones  
9:30 Book Discussion Group  
10:00-11:00 Meditation  
10:00-12 MahJong  
1:00-4:00 Supervised Play (Bridge)  
2:00-3:30 Knitting

9  
9:30-10:30 Better Bones  
10:00-12 Supervised Play (Bridge)  
1-4 MahJong  
1:00-3:00 Understanding Facebook  
2:00-3:30 Puzzles and Games

16  
9:30-10:30 Better Bones  
9:30 Book Discussion Group  
10:00-12 Supervised Play (Bridge)  
1-4 MahJong  
1:30-4:30 Invite from Natick COA for Housing Options Fair  
1:30-3:00 Bingo  
2:00-3:30 Knitting  
2:00-3:00 Ukulele Class

23  
9:30-10:30 Better Bones  
10:00-12 Supervised Play (Bridge)  
10:30 Depart to the Emeritus at Farm Pond  
1-4 MahJong  
1:00-2:30 Magic  
1:00 Marty's Movie  
1:30-3:00 Bingo  
2:00-3:30 Puzzles and Games  
2:00-3:00 Ukulele Class

30  
9:30 Book Discussion Group  
10:00-12 Supervised Play (Bridge)  
1-4 MahJong  
1:00 Spooktacular  
1:00-2:30 Magic  
2:00-3:30 Knitting  
2:00-3:00 Ukulele Class

10:00-11:00 The Genius of R. Browning  
11:45 Lunch  
12:45 Movie: Still Mine

10  
10:00-11:00 The Genius of R. Browning  
11:45 Lunch  
12:45 Movie: Elysium

17  
9:35-1:05pm Various times to ride the Route 8 Bus  
10:00-11:00 The Genius of R. Browning  
11:45 Lunch  
12:45 Movie: The Witches  
**Reminder!!!**  
**Trip to the Addams Family Musical on Sunday, October 19 departure at 9:30 a.m.**

24  
10:00-11:00 The Genius of R. Browning  
11:45 Lunch  
12:45 Movie: The Way Way Back  
**Reminder!!!**  
**The event, "Reinvest in You" will be tomorrow at Wellesley High School.**

31  
**Special Program at NWH Today**  
10:00-11:00 The Genius of R. Browning  
11:45 Lunch  
12:45 Movie: The Ultimate Life

**Do you know someone in need of Memory Care?**  
Alzheimer's disease is devastating to the entire family. Traditions of Wayland is a locally owned assisted living community with an exclusively designed neighborhood for those with memory loss.  
Please contact us at 508-358-0700 or [traditionsofwayland.com](http://traditionsofwayland.com)



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## Classes : Pre-registration required

### Strings Jam!

**Next Date: Saturday,  
September 27,  
2:00-4:00p.m.**

The COA is proud and pleased to continue partnership with the Dana Hall School of Music ! Looking for a fun, social AND musical activity? Dana Hall School of Music is hosting a monthly *Strings Jam!* This event is FREE and open to anyone (all ages welcome!) who plays a stringed orchestral instrument (Violin, Viola, Cello or Bass) at an advanced beginner level. Please RSVP to [music@danahall.org](mailto:music@danahall.org) or call 781-237-6542!



### Bridge-Supervised Play Thursdays, Sept 11-Oct 30, 10:00 a.m.-12 noon

These sessions are for players who would like to sharpen their bidding and playing skills. There will be no set agenda: a review of bidding or the introduction of new material will only be given when necessary to improve everyone's skills. This free class is taught by COA volunteer instructor, Doris Burke. Min. 16 Max. 20

### Computer Classes

Co-sponsored by the Friends of the Wellesley Council on Aging and Friends of the Wellesley Free Library. Call the Wellesley Main Library (781-235-1610 x1105) to register. Limited space. Priority to Wellesley seniors. **Instructor: Anna Litten**



**Thursday, September 11, 1:00p.m.-3:00p.m.**

**Choose the Right Technology for you:** There are technology options for everyone right now but which is the right choice for you? In this workshop we will learn about the differences between computers, iPad, and more. You'll even get a chance to try out a few technology toys!

**Thursday, October 9, 1:00p.m.-3:00p.m.**

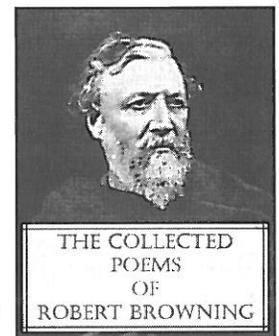
**Understanding Facebook :** If you're new to Facebook, or just want more information about using the site well, this is the class for you! In this hands-on workshop, we'll be looking at basics of using the site, as well as discussing best practices, security issues, and more. If you have a Facebook account, please bring your username and password to class.

### Meditation for relaxation- and more! Thursdays, Sept 11- Oct 2 from 10:00 a.m.-11:00 a.m.

Scientists, health practitioners, and religious leaders are increasingly researching and supporting the many benefits of silent meditation: decreased stress, greater attentiveness, self-awareness, harmony. This introductory workshop, taught by COA volunteer, Sister Marie Elena Dio, will provide a basic understanding of and practical methods for beginning a meditation practice. Lecture, discussion, practice. **Please note:** Priority will be given to the individuals who were on the waitlist the last time this program was offered at the COA-space is limited .Maximum number of 20 students. **FREE!**

### The Genius of Robert Browning Fridays, Sept 19-Oct 24, 10:00-11:00 a.m.

If ever there was a bridge-writer between tradition and innovation, it was Robert Browning. His capacious knowledge and his human insights create poems of compelling power. This class is taught by COA volunteer, Richard Bradley, former Head at St. Edwards School, Oxford; Ridley College, Canada; and The Rivers School, Weston. The book, "*My Last Duchess and Other Poems*" is required for this course and may be purchased at Wellesley Books for \$3.50. Max. 20. **FREE! Register by Friday, Sept 12.**



### Memory Program Mondays, Sept 15-Nov 10, 10:00 a.m.- 11:30 a.m. (No class 10/13)

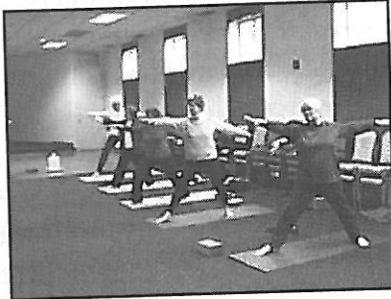
Do you want to improve your memory skill? The main objective of the program is to work in simple exercises to improve the memory, attention level, calculus, executive functions, creativity and well-being. In small groups we will try to learn more about the different types of memory and attention and how all this influences in our daily life. This is led by COA volunteer, Blanca Morales. **FREE! Please note:** Priority will be given to the individuals who were on the waitlist the last time the program was offered at the COA-space is limited Minimum number is 4. Maximum number 10.

## Classes Continued. Pre-registration required.

### YOGA

#### Instructor: Judy Scribner-Moore

Judy has practiced meditation since 1972 and yoga since 1981, and has been teaching both since 1987. She is skilled at adapting classical yoga postures to meet individual needs, often using chairs, walls and other props to make poses accessible to all levels of experience and mobility.



**Dates:** 7-week session Tuesdays, Sept 2-Oct 28 (no class 10/7 & 10/14)

**Intermediate Level 2 (prior experience in Level 2 is a prerequisite):** 9:30-11:00 a.m.

**Intermediate Level 1:** 11:15-12:45p.m.

**Cost:** \$87. 50

Make- up class, if needed for both classes will be Friday, November 7, 9:30-11:00 a.m.

### BETTER BALANCE, INDEPENDENT & UPRIGHT LIVING

#### Instructor: Leslie Worris, MPH, RYT

Are you afraid of falling? The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, and endurance, and help maintain your independence. Participants use balls, bands, and weights, and the class incorporates yoga and chi gong. Please bring two sets of weights and water. Classes meet on Mondays and/or Wednesdays from 11:00 a.m.-12:00 p.m. Beginners are welcome.

**Dates:** 6 week session Mondays, Sept 15- Oct. 27 (no class 10/13)

**Times:** 11:00 a.m.-12:00 p.m.

**Cost:** \$42

Make -up class, if needed, will be Tuesday, November 4, 3:00 p.m. -4:00 p.m.

**Dates:** 8 week session Wednesdays, Sept 10-Oct 29

**Time:** 11:00 a.m.—12:00 p.m.

**Cost:** \$56

Make- up class, if needed, will be Friday, November 7, 1:00p.m.-2:00 p.m.  
Min.8/ Max. 20

### TAI CHI FOR HEALTH

#### Instructor: Leslie Worris, MPH, RYT

Tai Chi is a form of martial art. It is practiced throughout the world as an effective exercise for health. It consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practiced almost anywhere and is a suitable form of exercise for just about anyone. This class is especially ideal to free up the stiff joints and muscles, and, decrease stress and is good for overall health and balance. Chairs will be available.

**Dates:** 8-week session Wednesdays, Sept 10-Oct 29

**Time:** 9:45 a.m. -10:45 a.m.

**Cost:** \$56

Make -up class, if needed, will be Friday, November 7, 2:00p.m.-3:00p.m.

Min.10 /Max. 22

### BETTER BONES

#### Instructor: Leslie Worris, MPH, RYT

You will use free weights, resistance bands, balls, and gentle yoga, including body weight resistance, to improve functional muscular strength and endurance. Balance, flexibility and posture work are also included. The loss of muscles that occurs with age is reversible! Increase your bone density and prevent falls. This class is especially designed for students who want to regain strength, freedom of movement and increase metabolism. We will work in a chair, stand, and use a mat on the floor. This is an advanced-beginner to intermediate level class. Please bring two sets of free weights, a towel and water.

**Dates:** 6 week session Mondays, Sept 15- Oct 27 (no class 10/13)

**Time:** 9:30 a.m.- 10:30 a.m.

**Cost:** \$42

Make- up class, if needed, will be Thursday, November 6, 3:00-4:00 p.m.

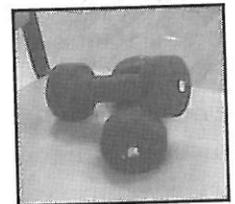
**Dates:** 7 week session Thursday, Sept 11-Oct 23

**Time:** 9:30 a.m.—10:30 a.m.

**Cost:** \$49

Make- up class, if needed, will be Friday, November 7, 3:00 p.m.-4:00 p.m.

Min. 15/Max. 25



## Drop In Activities

**Wii Bowling:** Our awesome volunteers from the Wellesley Hills Junior Women's Club are back to lead our weekly Wii program on Monday mornings at 9:30a.m. Games resume on *Monday, September 8*. The photo displayed is our 2014 Wii Bowling Tournament winner, Elaine Pipes.



**Bingo:** Thursday afternoons, September 18 and October 16, 1:30-3 p.m.

**Bridge:** Monday afternoons from 12:30-3:00 p.m.

**Cribbage:** Tuesday afternoons from 1-2:30 p.m. Fran Weinberg, our volunteer instructor, provides instruction for those new to the game.

**Chess:** Wednesday mornings from 10:30 -11:30 a.m. **Please note:** September 3 and October 1, chess will start at 11:00 am. Please call ahead to ensure chess is still scheduled to meet.

**Community Service Bears:** This group of dedicated women have been making teddy bears for children for many years. These lovingly made bears are distributed to children needing a bear to hug. This group meets every Wednesday morning from 9:30-11:00 a.m. and will resume September 24.

**Coffee Hour:** Wednesday mornings from 9:30-10:30 a.m.

**Croquet:** Join us for our final game of the season on Monday, September 8 from 2:00-3:30 p.m. This activity will meet out on the greens in front of the Community Center! **This activity is weather permitting.**

**Computer Assistance:** Please contact the COA if you need/want computer assistance or have other technology needs. There are often volunteers and students able to help, but availability varies. Please call for information: 781-235-3961.

**Jeopardy:** Come on down and experience and enjoy the COA's adaptation of "America's favorite game show"! The material for the questions covers a wide variety of topics. The next game is scheduled for Wednesday, October 15 at 2:00 p.m. What are you waiting for? Grab your friends and family and test your knowledge and have some fun! *Have you seen our NEW "question of the week" on display at the front entrance of the WCC? If you answer correctly, your name will be highlighted on our COA programming board the following week!*

**Puzzle & Game Afternoons:** The COA provides a variety of games, but bring yours along to ensure we have your favorite. This group meets every other Thursday from 2:00p.m.-3:30 p.m ( see calendar for dates).

**Mah Jong:** Thursdays afternoons, 1:00-4:00 p.m.

**Scrabble:** Wednesday mornings 9:30-11:30 a.m.

**Marty's Movies:** Marty Kress, COA volunteer, will show movies that are out of the mainstream theater showings. They will have themes, and national locations that appeal to viewers who are looking for something different than predictable tv. After showing the film of his choice, he will facilitate a discussion. This discussion will dig into the core of the film's meaning and will allow you to express yourself and feelings. The goal of the group is to develop a tight knit community of people who share similar interests. For more information, visit Marty's blog: [martymovieblog.com](http://martymovieblog.com). This group will meet Thursdays, Sept 11 and Oct 23 at 1:00p.m. Please call to register.

**Conversational French:** Did you take French in high school or college? This conversation-only class meets Wednesday afternoons from 1:00-2:30 p.m. starting September 3, (no class Sept. 24) led by volunteers David and Wendy Meyersmith. Call the COA if you are interested in joining the group!

**German Class:** This is group is mainly continuing students, new participants are always welcome if they have had German in the past— call the COA to express interest. We will have our volunteer German Instructor, Gerda Plouffe, contact you. Classes meet weekly beginning Tuesday, September 16, 10:00-11:15 a.m.

**Spanish Class: Beginners Only!** Are you interested in Spanish culture? Do you want to learn Spanish? Join us for this new class! You will learn about Spanish culture, geography, food, music, places to visit, as well as simple grammar and vocabulary. 8 week session starting Monday Sept 15-Nov 20, 12-1p.m. This is led by COA volunteer, Blanca Morales. Min 8 Max 10. Please call to register.

**Knitting at the COA:** The group will continue to meet every other Thursday afternoons from 2:00-3:30 p.m. (see calendar for dates). Special thanks to COA volunteer, Barbara Peacock-Coady for suggesting this new group and for agreeing to help organize!

**Walking Groups:** The Monday group meets at the rear of the Main Library at 9 a.m. with their volunteer leader, Anne Turtle. The Wednesday group meets at the Community Center at 9 a.m., led by volunteer Jim Reilly.

**Book Discussion Group:** Meetings will reconvene on Thursday, October 2 at 9:30 a.m. Here are the titles on the summer reading list: *Five Days At Memorial* by Sheri Fink; *The Story of a New Name (vol #2 of Trilogy)* by Elena Ferrante; *The Tiger's Wife* by Tea Obreht; and *Empty Mansions* by Paul Clark Newell and Bill Dedman. *The book group is co-sponsored by the Wellesley Free Library (WFL) and the COA. The facilitator is Joellen Toussaint, Circulation Assistant (WFL).*

**DON'T MISS THESE EXCITING OPPORTUNITIES!****WELLESLEY – A TOUR THROUGH TIME!****Wednesday, October 1, 3:00 p.m.-5:00p.m.**

John Schuler, lifelong resident of Wellesley and Chair of the COA Board of Directors, is offering a narrated historical tour of his beloved home town! We will meet at 3 p.m. at the COA where participants will get acquainted and enjoy light refreshments. Then we're off for our afternoon adventure! We'll visit spots like the Old Academy of the Assumption, the site of McNeill's Dairy and Stevens farm pastures, the Katharine Lee Bates House and more! The group will be invited to explore the original Dana Hall building (Beveridge Hall) and view the portrait of Helen Temple Cooke. Once the tour is completed, the group will return to the COA (approximately 5 p.m.) We will be using the COA bus for this tour and space is limited to 10 people. Special thanks to John for volunteering his time to conduct this tour and share his wealth of knowledge and history with our group!

**Evening & Weekend Lecture Series****2014-2015**

Specials thanks to those involved in planning this year's lecture series. Please see insert for more details regarding this exciting upcoming series!

**RIDE THE ROUTE 8 BUS** In response to many inquiries from Wellesley senior residents about the MWRTA Route 8 bus, the COA is delighted to offer you a chance to enjoy an "excursion" on the bus on Friday, October 17. Ride along with staff from the MWRTA who will share information, schedules, and respond to questions. The first outing is scheduled for a 9:35 a.m. departure / return 11:20 a.m. and the second outing is scheduled for an 11:20 a.m. departure / return 1:05 p.m. Excursions will depart from and return to the Wellesley Community Center. Space is limited and pre-registration is required by calling the COA.

**Invitation from the Natick COA ~ Housing Fair**

The Natick COA will host their 2<sup>nd</sup> annual *Know Your Options: Older Adult Housing Fair on Thursday, October 16 from 1:30-4:30p.m.* Wellesley residents are invited to attend this fair which will offer participants the opportunity to see, discuss and learn more about various housing options as they and their family members face life transitions. Round trip transportation is available with the COA bus, call by *Friday, October 3* to reserve your spot. We will depart the Wellesley Community Center at 1:15 p.m. and the bus will shuttle folks back to Wellesley at various times throughout the afternoon. For more information about the fair, please contact Sharon Kirby, Program Assistant at the Natick COA :508-647-6540 x1907.

**FREE FRIDAY MOVIES:** All movies begin at 12:45 p.m, unless otherwise noted.

Several of these selections were chosen by our regular movie goers. Please note: If the Friday movie runs longer than two hours, and you need a ride home, contact our Volunteer Drivers Program (508) 479-9301. Please call at least three days in advance to see if a volunteer is available.

**September 5: Love Story (1970)** Privileged Harvard jock Oliver Barrett IV (Ryan O'Neal) sparks the anger of his steely, demanding father (Ray Milland) by falling in love with and marrying plebeian Radcliffe student Jennifer Cavalleris (Alis MacGraw). Rated PG, 95 minutes **Shown in Senior Room**

**September 12: Gloria (2012)** A middle-aged divorcee looking to fill the void in her life sees an opportunity for a permanent relationship when she meets a charming former naval officer. Rated R, 108 minutes. Sexual Content, Drug and Language Use

**September 19: Le Weekend (2014)** Returning to Paris long after their honeymoon there, a British couple hopes to rediscover the magical feelings of their early years together. Rated R, 93 minutes. Language and Sexual Content

**September 26: The Book Thief (2012)** Young Liesel steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her cold foster parents. Rated PG-13, 131 minutes.

**October 3: Still Mine ( 2013)** His home in disrepair, elderly farmer Craig Morrison must build a better shelter for his wife, whose health is deteriorating rapidly. He faces the wrath of an overzealous government inspector but refuses to back down. Rated PG-13, 103 minutes.

**October 10: Elysium (2013)** In this dystopian thriller set in 2159, the wealthiest humans move to a fabulous private space station, while life on Earth grows ever more grim. Rated R, 109 minutes. Violence, Intense Scenes, Language

**October 17: The Witches (1990)** A boy and his grandmother go on vacation, only to discover their hotel is hosting an international witch convention, where their leader is unveiling a plan to turn all children into mice. Rated PG, 91 minutes. **Shown in Senior Room.**

**October 24: The Way Way Back (2013)** A stifled teen finds his voice with encouragement from the manager of a local water park, where he takes a summer job to escape his unbearable home life with his mom and her overbearing boyfriend. Rated PG-13, 96 minutes.

**October 31: The Ultimate Life (2013)** Blessed with the treasures that came to him in *The Ultimate Gift*, Jason Stevens inherits family conflicts and copes with his wife's extended trip abroad. Once again Jason must rethink his life values, and his grandfather's journals provide a path. Rated PG, 109 minutes.

## Updates

### Wellesley College Auditing

If you are interested in auditing a class at Wellesley College, the fall semester will begin **Tuesday, September 2**. Please visit the Council on Aging website at [www.wellesley.ma.gov/coa](http://www.wellesley.ma.gov/coa) and click on Auditing-Wellesley College link to the left of the page. There you will find information regarding timelines, offerings, and the registration process.

**GET COA INFO. VIA EMAIL:** Please visit the COA website: [www.wellesley.ma.gov/coa](http://www.wellesley.ma.gov/coa) and on the main page you will see the online form where you can view the available options and select all that appeal to you. You must have a valid email address to subscribe to COA news.

**Volunteer Corner:** Our Wonderful Wednesday Grocery Trip Volunteers are another great reason to ride the COA Bus! Thank you to these young volunteers who are donating their time to assist senior shoppers with their grocery bundles. If you, or someone you know, would like to assist our Wednesday COA shoppers on the bus in the Fall, we will have volunteer positions open! Please contact Lorraine Clough, Volunteer Coordinator.



**Tolles-Parsons Center Updates:** The Town closed on the purchase of the property at 494 Washington Street and work has begun on the site plan for the combined parcels. It has been decided that a full Project of Significant Impact (PSI) application will be filed with the Planning Board in order to address the issues raised in its denial of the original PSI application last October. The Permanent Building Committee is working with the new architect, John Catlin of Catlin + Petrovick Architects, and the goal is to file the new application and appear before the Planning Board during the fall. This will include an updated traffic and parking study, analysis of the impact of the project on municipal systems and completing the design work. For more information and updates please visit The Town of Wellesley website - [wellesley.ma.gov](http://wellesley.ma.gov) and click on Tolles-Parsons Center (Senior Center) under the CURRENT PROJECTS heading.

## Reinvest In You (Continued from page 1)...

**Reinvest In You** will feature a morning keynote speaker, relevant and informational workshops conducted by AARP and others, and a Health/Wellness Panel Presentation. Numerous vendors from the area will showcase their programs, products and services. Attendees will have the opportunity to interact with exhibitors and purchase refreshments throughout the day. Panel members include Patrick Rice, MA, LMHC; Tiana Ceseli, BS, RD, LDN; Annemarie Seidenberg, MA, MDiv, ND; and Jenn Theriaque, LMT.

### Workshops include:

**A. Life Reimagined Check Up:** Life Reimagined, an AARP program backed by decades of research, is a new way of thinking about what's next in your life. This session is designed to help you understand where you are in life and what your next move could be. This workshop empowers you with guidance, tools, and connections both online and in person. Attendees will engage in reflection activities and guided conversation. Learn more at [www.lifereimagined.org](http://www.lifereimagined.org).

**B. Aging in Place: Modifying Your Home to Fit Your Changing Lifestyle:** This AARP workshop teaches participants about the types of home modifications that can help them age-in-place and go about their daily activities while staying comfortable and independent, while reducing the risk of injury. Find out how simple changes to your home can create a flourishing and welcome environment!

**C. Social Media Workshop:** Facilitated by an AARP MA social media specialist, this AARP workshop will give an overview of primarily Facebook, Twitter, and Instagram. The participant handout will include step by step instructions to successfully navigate through the world of social media. This program is a big favorite! Learn how you can make social media work for you in your life!

**D. Preparing for Retirement In Times of Uncertainty:** Concerned about taking the leap into retirement? Dan Williams, senior partner and founder of The Dover Group in Wellesley, will address all aspects of retirement planning to ensure you a financially secure future. How to maximize your retirement cash flow, Social Security strategies, Medicare, long-term care and estate planning strategies will be covered.

Space is limited for many of these workshops, so be sure to pre-register **as soon as possible**. To register for program attendance and/or workshops, please call toll-free at **1-877-926-8300** or register online at <http://aarp.cvent.com/reinvestinyou>. Please call the COA **781-235-3961** with any questions.

**NEW COA BUS SERVICE ~ LET US GET YOU THERE!**

The Wellesley Council on Aging (COA) launched a **NEW** bus service for Wellesley seniors on July 1. In partnership with the Metrowest Regional Transportation Authority (MWRTA), the COA offers transportation anywhere within the Town of Wellesley and to select destinations outside of Wellesley for the bargain price of \$1.00 each way (\$2.00 round trip)! There are even **FREE** weekly grocery shopping trips! The COA is delighted to introduce our two bus drivers, Miguel Melendez and Rick Waldman and our Transportation Coordinator, Jill Dube. To schedule rides for medical appointments, social engagements, shopping and more, please call **781-235-3046**.



**Holiday Schedule:** The Council on Aging will be closed on Monday, September 1 and Monday, October 13 and the COA bus will not run. Enjoy the holidays!

**Upcoming elections:** The State Primary is Tuesday, September 9 and the State Election is Tuesday, November 4. For those who need transportation to/from the polls, rides will be available through the COA bus service 781-235-3046 and the COA Volunteer Drivers Program 508-479-9301. Please call 2 days in advance to make your ride reservations. Absentee ballots are available to anyone who has difficulty getting to the polls. Absentee application must be filed early enough to allow for mailing to the voter, ballots may be returned by mail or in person. All absentee ballots that are received before the close of the polls, are delivered to the polling location and counted the same as any ballot cast in person. Please call the Town Clerk's office for additional information 781-431-1019 x2250

**Take a Ride With A COA Volunteer:** The Volunteer Drivers Program (VDP) had a busy summer and is gearing up for the fall. If you need or want a ride through this program, please call 508-479-9301. Also if you or anyone you know would like to drive fantastic seniors to various destinations, call the same number or email [drive@wellesleyma.gov](mailto:drive@wellesleyma.gov). We always need drivers! If you haven't seen our VDP "celebrities" Laurel (driver) and Ruth (passenger) on video, you can view the video clip on the COA website: [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) and click on the Transportation link.

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# Evening-and-Weekend Lecture Series 2014-2015

All lectures are co-sponsored by the Wellesley Council on Aging  
& the Wellesley Free Library



**Tuesday**  
**October 21, 2014**  
**7:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

## **"Climate Reality"**

Sizzling summers, freezing cold winters, hurricanes that decimate our coastal regions – are these products of a climate change that should concern us? Wellesley resident and climate change specialist Quentin Prideaux will give us his perspective on the causes and impacts of this climate change, the actions we need to take, and what it all means for Massachusetts and the Northeast. Keeping it positive and lighthearted where possible, he will lend his expertise to a very controversial and serious subject. A scientist with a degree in Physics from Bristol University and a Partner in the management consulting firm Alder Associates, Mr. Prideaux leads Sustainable Wellesley, a volunteer organization that initiates and encourages sustainability in Wellesley and in areas that will affect Wellesley by engaging the residents, businesses, and the Town of Wellesley in the actions required for sustainability. He is a trained presenter for both The Climate Reality Project, an organization founded by Nobel Laureate and former U.S. Vice President Al Gore in 2006, and also for Climate Voices, a network that brings non-political conversations about the research findings of the majority of climate scientists to citizens across the United States and Puerto Rico. Mr. Prideaux lives in Wellesley with his wife, Delissa, and his two children, Alex and Samantha.

**Sunday**  
**November 16, 2014**  
**2:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

## **"The Boston Sports Scene: Then and Now"**

Dan Shaughnessy grew up in Groton, Massachusetts, went to Holy Cross and wrote his first story for the Boston Globe in 1973. He has been a full-time member of the Globe sports staff since 1981 and a sports columnist for the Globe since 1989. He was on the scene for all eight of Boston's professional championship seasons since 2001. He has written 12 books, including "The Curse of the Bambino," "Senior Year," and "Francona - The Red Sox Years." He has lived in Newton since 1982 and attended many Bay State League high school contests involving Wellesley High School. Come hear him discuss the Boston sports scene of today and yesteryear.

*Continued on reverse*

**Thursday**  
**January 22, 2015**  
**7:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

**“The Dark Side of Corporate Governance and the Financial Crisis”**

The Financial Crisis of 2008–09 raises questions about the assumptions that underpin corporate governance. Dr. Minnick will use the Financial Crisis as a tool to explore topical issues in corporate governance. The presentation will cover some of the purported causes of, and the suggested cures for, the financial crisis, including a lack of accountability of boards/management to shareholders, misaligned compensation structures, and insufficient risk management controls. Dr. Kristina Minnick is currently an Associate Professor at Bentley University. Her teaching focus is corporate and international finance, and her research focus is executive compensation, corporate governance and corporate finance. She lives in Wellesley with her husband, son, two daughters and dog.

**Sunday**  
**March 1, 2015**  
**2:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

**“What is Innovation and why is it Important?”**

Technology and innovation are key drivers of the Massachusetts economy, fueling job creation and economic growth across the state. Wellesley resident Pamela Goldberg is CEO of the Massachusetts Technology Collaborative, the first woman to lead this agency in its 30-year history. She will discuss what makes Massachusetts a global leader in technology, how the state helps drive innovation and entrepreneurship, and what cities and towns in Massachusetts can do to keep our innovation economy thriving. Ms. Goldberg has an extensive background in innovation, entrepreneurship and finance and is an experienced leader. She works closely with Governor Patrick’s administration to support important economic development initiatives leading to public/private partnerships creating jobs for residents of our Commonwealth. Currently, the Massachusetts Technology Collaborative is working to advance technology-based solutions that improve the health care system, expand high-speed internet access and strengthen the growth and development of this state’s technology sector.

**Thursday**  
**May 7, 2015**  
**7:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

**“U.S.-China Relations: Possible Futures”**

Wellesley resident Stacie Goddard is the Jane Bishop ’51 Associate Professor of Political Science at Wellesley College. She specializes in international relations, with a focus on the causes and conduct of major war. In this lecture, Professor Goddard will present an overview of U.S.-China relations in the 21st century. She will explain possible flash points and areas of potential cooperation between the two great powers. Known to her peers as an incredibly popular professor at Wellesley College and an amazing presenter, Professor Goddard has been a recipient of the prestigious Pinanski Prize awarded annually by Wellesley College to honor excellence in teaching.

*Transportation from the Wellesley Council on Aging Volunteer Drivers Program may be available for these events.  
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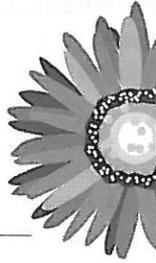
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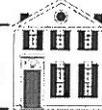
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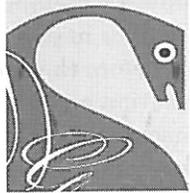
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Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.

(From Oct. 1 - Feb. 14 representatives are available  
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The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

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